

**Milk lovers****left sour**

Lactose intolerance can be a real pain.
Page 6

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS

**Indoor****soccer woes**

Men's and women's teams fall short.
Page 11

MONDAY, FEBRUARY 9, 2009

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

41ST YEAR - NO. 6

Union vote sweeps across province

By LOUISE KADDOUR

Although Conestoga's union representative says part-time and sessional employees are in favour of being unionized, only about 30 per cent of eligible faculty came out to take a stand on Jan. 27.

The first provincewide certification vote for this group took place at Ontario's 24 community colleges between Jan. 19 and Feb. 5.

David Cushing, a part-time instructor at Conestoga for the past 20 years, co-ordinated the local campaign on a voluntary basis and said a majority must vote in favour of unionization.

"It's all or nothing. It has to be all across Ontario or nothing at all."

Cushing estimates it will be at least two to four months before the results of the vote are known and could take another two years to come into effect.

Though Conestoga's full-time faculty are unionized, part-timers (those who work up to six hours a week), sessional employees (those who work more than 12 hours a week but are not full-time) and part-time support staff are not included.

Cushing, a self-described optimist, believes this certification vote, which would cover part-time and sessional employees, will be a success.

Of the eligible 9,000 employ-

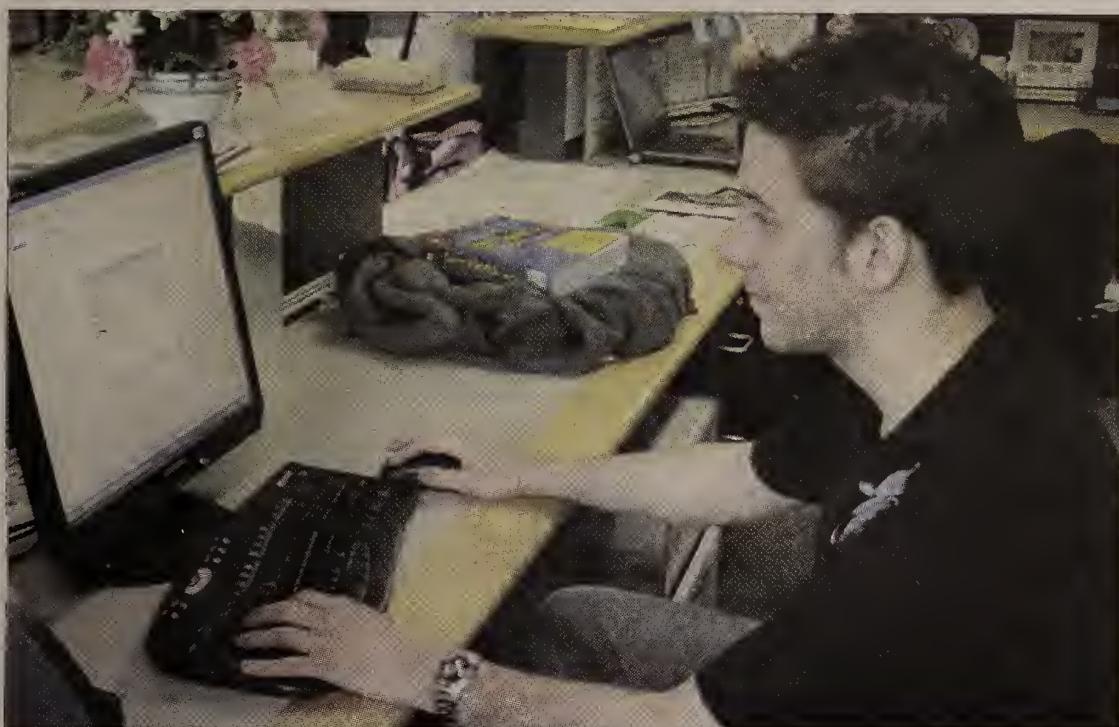


PHOTO BY LOUISE KADDOUR

Part-time support staff, including David Agotesku, an information technology employee at Conestoga, are not unionized. OPSEU hopes someday to hold a certification vote to change that.

ees on the voting list across the province, the Ontario Public Service Employees Union (OPSEU) requires the support of a majority of eligible voters (50 per cent plus one).

Roger Couvrette, president of the organization of part-time and sessional college workers (OPSECAAT), says this vote is crucial.

"... we are still facing discrimination in terms of the wages and benefits we receive

compared to full-timers," he said in an OPSEU newsletter. "To me, that's what our union drive is all about -- ending discrimination."

Couvrette says the way Ontario treats its part-time and sessional college workers would be against the law in Europe.

In the late 1990s, the European Parliament passed continent-wide laws making it illegal to pay part-time and contract workers less, on an

hourly basis, than full-time permanent workers doing the same work. By law, part-timers in the European Union also receive pro-rated benefits.

"If your college paid you less because of your gender, your race, your religion or your sexual orientation, that would be illegal in Ontario," Couvrette said. "But if they pay you less because you are part-time or working on a short-term contract, they can get away with

it. That has to stop, and we're going to make it our mission to stop it."

OPSEU represents over 120,000 Ontarians working in the public sector and employs over 300 staff across Ontario. It has represented full-time employees of community colleges for over 40 years.

OPSEU's union dues are 1.375 per cent of gross pay. This pays for collective bargaining expenses, grievances-handling, union education programs and operating expenses.

"Voting for OPSEU only takes a minute, but it will pay dividends for your entire college career. It's time part-timers and sessionals had the advantages collective bargaining offers," said Warren Thomas, president of OPSEU.

Cushing hopes the next certification vote will cover part-time support staff at Conestoga which includes CSI, information technology employees and support staff in the Learning Commons.

With student workers making up about 60 per cent of part-time support staff across Ontario, he says there is an ongoing campaign to get them a certification vote.

In order to bring forth their request to the Ontario Labour Board, they require support from 35 per cent of the college's part-time support staff.

GOT MUMPS? LIVE IN A BUBBLE



PHOTO BY LIZ KOENIG

Pre-firefighter student, Nick Blodans, hung out in a bubble on Jan. 29 to demonstrate the isolation that accompanies having the mumps. Free immunization shots were given that day at the Doon campus in Room E205 from noon to 6 p.m.

Retraining top priority

By SARAH BOYCHUK

It talks. It makes the world go 'round. And while it purportedly cannot buy you love, it can certainly calm one's nerves as the economy worsens.

With the recession grabbing headlines, money seems to be on everyone's minds these days. Statements made at Conestoga College's board of governor's meeting on Jan. 26 suggested that fighting unemployment rates by offering retraining for a new career is a top priority of the college's leadership. The meeting took place on the eve of the federal budget announcement, and there was lots of speculative discussion about how government funds could affect post-secondary education.

One thing that looked more certain was the future of Conestoga's involvement in

the Second Career Strategy.

Conestoga president John Tibbits believes that the college's part in the initiative would see significant growth as the recession claims jobs.

"People are geared up for this. (They) are trying to get back in the job market," he said.

Tibbits considered the second-career program to be a success.

"I'm pleased they're moving forward. They put the program in place very, very quickly, and obviously there were a number of issues, such as eligibility requirements, but (second-career) is making major strides in being more adaptable."

Tibbits foresees a "backlog in government unemployment agencies" as the recession takes hold, and thinks that those in search of new employment will turn to Conestoga.

"Enrollment will jump."

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you were a candy,
which would you be?



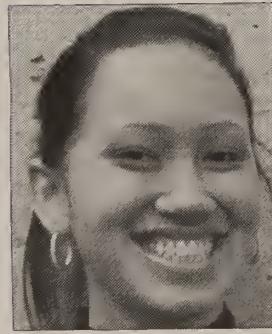
"Coffee Crisp, because it's my favourite."

Carmen Stanley,
first-year
early childhood education



"Fuzzy Peach, because you can never get enough Fuzzy Peach."

Kaitlyn Watt,
first-year
early childhood education



"Skittles, because I'm just like a rainbow and I'm a diverse person."

Katelynn Petrie,
first-year
early childhood education



"Gummy bear, because they're really cute and squishy."

Christy Ireland,
first-year
early childhood education



"Peanut butter cup, because I love peanut butter."

Mathew Heil,
first-year
computer programmer/analyst



"A stick of gum, people could savour me."

Mathew Pocsai,
first-year
computer programmer/analyst

Safe and secure lessons at Conestoga

BY HEATHER MUIR

Displays of first-aid training and pictures of the lives lost to drunk driving caught the attention of staff and students at Conestoga.

The security and health and safety departments held their first safety and security awareness event on Jan. 29 in the Student Life Centre atrium at Doon.

"We are working on prevention through education; it's our safety and security awareness event. We are trying to pull different departments and our students in to educate staff and students about personal and work place safety," said Barb Eichholz, a Conestoga security officer.

Organizations such as the Waterloo Regional Police, fire services, emergency medical services, victim services and Crime Stoppers were present at the event.

"We drew on local organizations which are the police and fire as well as our student pre-service firefighter and police foundations and brought them all together to promote education about safety: personal and workplace, I mean that goes hand in hand together. That's why we put this event together," said

Nancy Maher, Conestoga's occupational safety officer.

Red Cross was also present at the event, handing out information on first aid.

"The Red Cross runs many first-aid courses for ages 12 and up throughout the year, and we also give babysitting courses to young teens to properly prepare them for the job," said Terrence Rock, a Red Cross representative.

Mothers Against Drunk Driving discussed the dangers of getting behind the wheel when under the influence. They demonstrated how your vision becomes impaired by using goggles that make a person's vision blurry, just as

alcohol would.

"Although statistics would show that deaths are down in drunk driving accidents, keep in mind that, that does not mean that the number of people getting behind the wheel while intoxicated has dropped," said Sandra Henderson, a MADD representative.

Sgt. Sharon Havill, the Waterloo co-ordinator for Crime Stoppers, was informing staff and students about how successful the program is.

"In the past year we have made 160 arrests and over \$7 million in drug seizures due to Crime Stoppers," said Havill.



PHOTO BY HEATHER MUIR

Conestoga's first safety and security awareness event taught students and staff what they need to know to stay safe and healthy.

SERVICES REPRESENTATION ACTIVITIES

Have any questions or concerns?

Come by the CSI Board of Directors office in room 2A104 or email us at ssonser@conestogac.on.ca

CONESTOGA STUDENTS INC

Curtain not yet closed on Theatre Centre

By NEIL McDONALD

It's not curtains yet for the King Street Theatre Centre.

The downtown theatre may be facing its final bow, but some members of the local arts community are fighting to give the troubled playhouse an encore.

Early in the new year, the theatre's board of directors announced plans to close by the end of February, citing increased operating costs, insufficient rental income and the effects of the economic downturn.

Now, however, over 15 local arts groups have joined forces to try and keep the theatre open. Cheryl Ewing is the artistic director of the Waterloo Dance Project and a board member at JM Drama, two of the groups involved in the effort.

"It's a mix of those who really want to find a way to keep the space open," she said. "I think it's essential that the theatre be available to the community."

Kathleen Sheehy knows the King Street Theatre Centre well. When the \$3.8-million building opened in 2001, she was a member of its resident theatre group, Theatre & Company. Though now a founding artist at Lost & Found Theatre in Kitchener, Sheehy said shuttering the King Street Theatre Centre

would be a "tragedy" for the region.

"It's just absurd that it would go up in smoke just seven-and-a-half years after this community built it," she said.

The opening of the theatre was a major component in revitalizing Kitchener's downtown, Sheehy said, and letting it fail would send the wrong message.

"Imagine a dark, empty theatre just sitting there in the middle of what should be a vibrant downtown core. That's just nuts."

Ewing agrees, and said a thriving theatre scene is necessary to attract doctors, scientists and other professionals to the area.

"The loss of it to another use would be very sad, to the city, to the downtown, to other performing arts groups," she said.

One of the obstacles to keeping the space open, Ewing said, is the amount of debt the theatre is currently carrying. A statement on the theatre's website said an annual subsidy of over \$250,000 would be needed just to keep the doors open.

The theatre's troubles are in stark contrast to the buzz surrounding its next-door neighbours at the Waterloo Regional Children's Museum. David Marskell, CEO of the museum, said his organization could incorporate the theatre

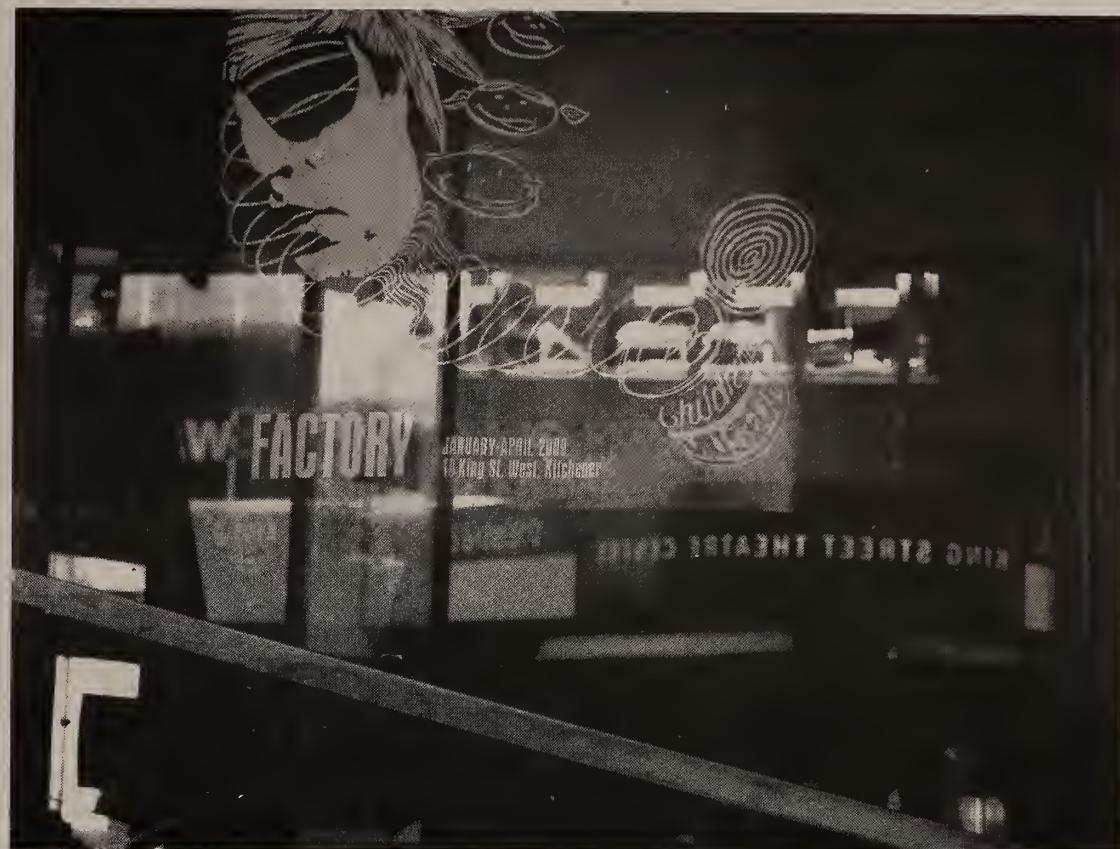


PHOTO BY NEIL McDONALD

The doors of the King Street Theatre Centre, seen above in the reflection, may soon be closed for good. The Waterloo Regional Children's Museum, host of the current Andy Warhol exhibit, is one of the interested parties hoping to keep the theatre alive.

into its ongoing Andy Warhol exhibit. As a result, the museum has put together a separate proposal, and is offering to take over the space for a year.

"It makes a lot of sense from where I'm sitting," Marskell

said.

Proposals for the King Street theatre must be submitted to the Kitchener-Waterloo Performing Arts Association, the theatre's board, by Feb. 13. The arts group coalition will also be sending a delega-

tion to a meeting of Kitchener city council Feb. 23.

Though time is running out, Marskell is optimistic about the theatre's future.

"It could be awesome," he said. "Let's go, let's make it happen."

IN BRIEF

Conestoga students venture abroad

Conestoga students are making their mark in the world.

Reports from the board of governors meeting on Jan. 26 indicated that the Trans-Atlantic Exchange program is underway, which will allow seven mechanical engineering technology students per year to travel to Germany. The students will hone their skills through problem-based learning, and in exchange, Conestoga will welcome German exchange students.

By taking part in the program, "you start to raise your brand in the world," said Conestoga president John Tibbits.

Alarm goes off after sensor malfunction

Students at residence got an early wake-up call on Jan. 24.

At about 1:30 a.m., the fire alarms sounded at the college residence, forcing everyone to evacuate the building.

A fire truck arrived on the scene within a few minutes and firefighters went in to inspect the building to see if there was any sign of a fire.

While most students waited outside, some walked over to Tim Hortons to keep warm.

After 45 minutes, the building was deemed clear of any fire and students were allowed back inside.

The fire alarm was said to have gone off due to a heat sensor malfunction.

BBQ funds residence life programs

Four days after the fire alarms went off at the college residence, there were actual smoke and flames, but they were planned.

On Jan. 28, rez held a winter barbecue, which students eagerly lined up for. A line went from the kitchen to the lobby, and it took about an hour to get free burgers fresh from the grill.

Along with burgers, the resident advisers also handed out water, pop and a small bag of chips.

Also at the barbecue, raffle tickets were being sold where students could win a variety of prizes, such as free overnight passes, free pool passes and iPods. The draw for the prizes took place the following day, with all the money going toward residence life programs.

People are listening to CJIQ the condor

For those about to rock - tune into campus radio.

Conestoga president John Tibbits reported at the board of governors meeting that the number of CJIQ listeners has "increased dramatically" among those aged 18 to 24.

Tibbits was pleased with the growing listenership, and said, "I think eventually we can use that to market."

Broadcasting at 88.3, CJIQ has served as a "living lab" for students since its launch in January 2001.

CSI looking to recruit more SWAT leaders

By ADAM RUSSELL

You don't need to have any elite, tactical training to join this team. Being outgoing, energetic and enthusiastic will do just fine.

Conestoga Students Inc. is looking for committed, full-time students to join the Student Welcome Awareness Team (SWAT).

"Basically, SWAT is a way for students, primarily first years, to get involved and engaged within the student government," said CSI president Sheena Sonser, adding although the program is geared mainly toward first-year students, interested applicants wouldn't be turned away no matter what year of a program they are in.

Formerly called the Street Team, SWAT will give students the opportunity to get in some volunteer hours helping CSI with different activities.

A SWAT leader will be responsible for volunteering up to 10 hours a month as well as attending all SWAT meetings. Assisting with CSI

fundraising and charity events and being a resource for CSI initiatives are also requirements of the job.

"It was definitely created for two reasons. First, to engage the students beyond the board of director's role," said Sonser. "But also to have that venue where we can meet with them and get their feedback. It's a great way to connect."

Although being sociable would help you excel as a SWAT leader, Sonser encour-

ages anyone interested to apply.

"I encourage everyone with different personality types to come, especially if they're shy," she said.

"It's a great way to meet people and step out of your shell."

Anyone interested can contact Sheena Sonser at ssonser@conestogac.on.ca or attend the SWAT information sessions that will be held Feb. 25, at 12 and 2 p.m. in the CSI boardroom (2A102).



True patriot love?

By PATRICK LANSBERGEN

O Canada, our national anthem, is sung at events and places where Canadians gather to extol our strong sense of pride in our nation and share in a feeling of belonging to something greater than ourselves.

Let's be honest though, how many of us could sing the anthem start to finish without a little help? In this day and age we don't hold strong and true to the patriotic ideals of our founding citizens. Something obviously needs to change if we can't take pride in who we are as a whole, if we can't stand together as a nation and people. The anthem is one part of who we are, it is a rallying call to all other Canadians, or at least it should be.

In Springfield, N.B., Belleisle elementary school was recently ordered to play O Canada before classes begin. In September 2007, Erik Millett, the principal, stopped playing the anthem after receiving complaints he wouldn't repeat from two families he refused to identify.

After it was discussed in the House of Commons, which resulted in a massive outcry from people across Canada, the anthem was brought back.

Whether or not these two families truly exist, this is a case of someone taking minority rights too far. We have a right and a duty to uphold and remember who we are, where we came from and the struggle our ancestors went through to give us what we have today.

However, it seems as with most things that take more effort then the average Canadian is willing to give, our obligations as citizens have fallen to the wayside.

Take one look at the website created as a part of the outcry (oceanadpetition.piczo.com). It once had 100 per cent approval for the anthem to be reinstated, but there is now a 61 per cent vote against it.

This incident, along with our meagre voting turnouts (59.1 per cent) seems to indicate a certain lack of patriotism. Nearly half of all Canadians decided to forgo their duty to vote and simply let other, more far-sighted citizens, decide the fate of Canada.

The lack of pride in who we are is chipping away at our ability to function as a nation. Take a moment and try the favourite Canadian national pastime of comparing Canada to the United States. Compare our national pride to theirs. The result will likely leave most readers with a bad case of wounded pride. Oh the irony.

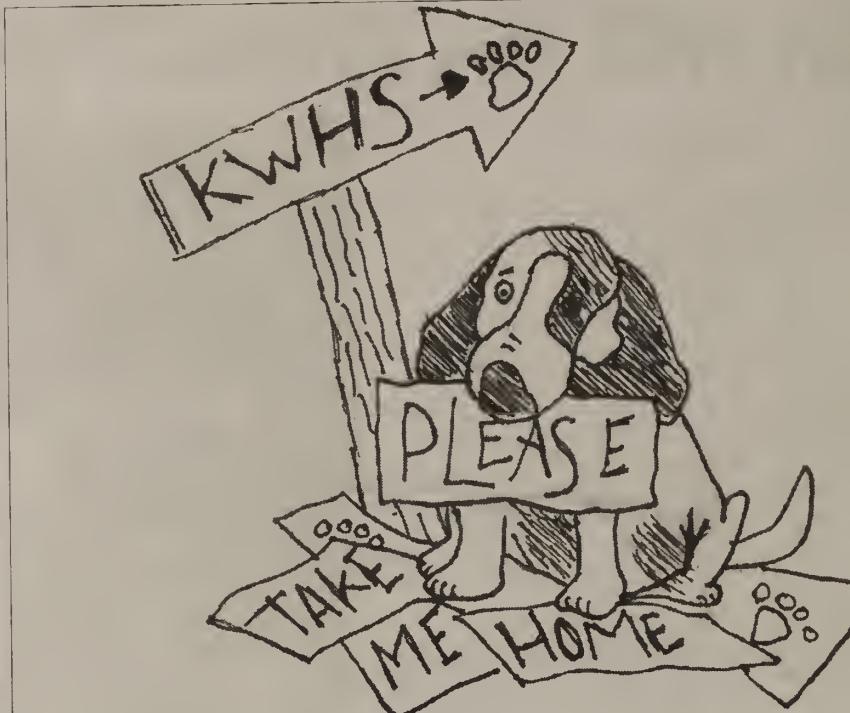
When Canada Day becomes an excuse for people to simply drown themselves in alcohol and set off fireworks, and the national anthem becomes an inconvenience, our values should be closely examined then revamped.

Unity and national pride are what we as a people have been lacking for some time. It is something we need to continue to grow as a nation in order to compete with the other countries around the world.

The views expressed herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters should be no longer than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 299 Doon Valley Dr., Room 1C29, Kitchener, Ont., N2G 4M4



Animal abuse laws toughened But enforcement is going to be a problem

One abused or abandoned animal is one too many.

In Canada, animal abuse is far too common. Though we don't want to admit that it happens every day in the city we live in and across the country, the reports don't lie.

"

More than 50,000 kittens and cats are euthanized in Canadian animal shelters every year.

"

In September 2008, a humane society busted one of the largest puppy mills in Quebec in 10 years. One hundred and nine dogs, seven cats and one rabbit were seized, and many other dogs were found dead. The dogs were living in piles of their own feces, and many had open sores and severe skin conditions. Skeletal remains were found still locked in cages inside the home, and a pile of burned animal remains was found at the rear of the property. No one was charged for this brutal crime.

In November, a Kitchener man faced federal charges for dropping a 10-week-old puppy out of a 10th floor apartment window. The puppy, which had done nothing to deserve



Laura
Rouse
Opinion

such torture, died.

Then, also in November, Ontario adopted the toughest laws in the country against animal cruelty. The changes to the Ontario SPCA Act make it a provincial offence to cause distress to an animal. Now, a person charged with this can receive possible jail terms, fines up to \$60,000 and lifetime bans on owning animals.

Thank goodness for this, although I do still find it hard to feel confident that every person who mistreats an animal or pet will go to jail — it just seems impossible. I very much believe in the last part of the SPCA Act mentioned above, the lifetime ban on owning an animal. But how can this be enforced? Will police check in on these people to make sure they didn't get another puppy or kitten? It seems highly unlikely.

For those people who can legally own a pet, consider this. More than 50,000 kittens and cats are euthanized in Canadian animal shelters every year. This is in part due to the fact that people get kittens because they are cute

and cuddly, then they let them outside to roam the neighbourhood, for who knows what reason. The cat comes back (maybe even the very next day) and about nine weeks later, one to eight kittens are born. Well, they can't keep the kittens, and after nobody responds to the "free kittens" ad in the paper (because there are five other ads the very same), the kittens are taken to the humane society. There, they are kept for a short period of time before being put down. Neglecting to keep your pets in your house, or not getting them spayed or neutered, is also a form of abuse.

"

People get kittens because they are cute and cuddly, then they let them outside to roam the neighbourhood, for who knows what reason.

"

The cat to human ratio is far too high. If you get a kitten or puppy, have it spayed or neutered before it is six months old. If you are looking for a pet, the least you could do is first visit the local humane society. There are far too many cats and dogs there that need loving homes.

SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

Editor: Kevin O'Brien

Advertising Managers: Liz Koenig and Sarah Boychuk

Spoke Online Editor: Laura Rouse and Louise Kaddour

Production Managers: Mandi Cartwright, Jamie Reansbury, Heather Muir, Blair Pollock and Kaitlyn Heard

Circulation Manager: Adam Russell

Photo Editors: Sarah Bongers, Lacie Groffen,

Christie Lagrotta, Jessica O'Donnell, David Smith, Stacie Ritchie, Patrick Lansbergen and Neil McDonald

Faculty Supervisor and Adviser:

Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 1C29,

Kitchener, Ontario, N2G 4M4.

Phone: 519-748-5220, ext. 3691, 3692, 3693, 3694

Fax: 519-748-3534

E-mail: spoke@conestogac.on.ca

Website: www.conestogac.on.ca/spoke

Celebrate graduation by working overseas

By LIZ KOENIG

Students who spread their wings after graduation can benefit from more than just a life-changing experience.

According to Foreign Affairs and International Trade Canada, more than 23,000 Canadians travel and work abroad every year.

Whether it's to work, study or volunteer, there is an exciting experience waiting for everyone.

"The transition period between post-secondary school and work is the best time to travel," said Jenny Truong, a travel agent at Travel CUTS in Waterloo.

For students considering travel, the easiest way to attain a visa for another country is through the Students Working Abroad Program (SWAP).

"Before I returned to school I wanted to experience a new culture, learn a new language and live in a foreign city," said Louis Couturier, SWAP Germany.

SWAP is a government-affiliated company that helps students who want to travel, work, volunteer or study abroad.



PHOTO BY LIZ KOENIG

SWAP user, Matt Brookfield, proudly stands atop a hay bale on the Cornish coast of England. Brookfield has swapped between more than 10 different countries.

Along with assistance in achieving a work visa, SWAP offers emergency support services, pre-booked accommodation and an orientation upon arrival.

Travelling with SWAP makes it so much less stressful and more secure ... and more fun.

— Vincent Ouellet Jobin

The orientation assists travellers with opening a bank account, getting a tax number (which is the equivalent of a SIN number), finding accommodation, finding a job and they can meet other travellers who are in the same situation as themselves.

"Travelling with SWAP makes it so much less stressful and more secure ... and more fun," said Vincent Ouellet Jobin, SWAP New Zealand.

Travellers are not required to get their visas through SWAP. Students can apply for a work or student visa on their own but it can be a daunting and confusing process if you are not experienced.

As well as the visa process, travellers who chose not to SWAP spend more time and money getting accommodated and set up in a new city.

Opening a bank account and getting a tax number can be time-consuming and costly without the assistance of a SWAP orientation.

Though it is costly, if students plan and prepare by saving their money and accommodating for emergencies it can be a maturing experience.

Obtaining an International Student Identity Card (ISIC) can save students hundreds of dollars on travel, accommodation, rentals and admissions to museums and other cultural attractions.

An ICIS costs \$16 and is available to any full-time stu-

dent over the age of 12. Non-students and part-time students can also take advantage of these benefits by getting an

International Youth Travel Card.

Travelling to other countries and experiencing new cultures

can be extremely beneficial to students. It shows a student's adaptability and they can get a variety of work experience.

LETTER TO THE EDITOR

I was disappointed to read the Spoke coverage of Barack Obama's inauguration that implied Conestoga did not celebrate this historic event. The reporter could not have attended any of the three venues (announced via College mail to both students and staff and on the LCD screens) where the inauguration was viewed. I was in the lower Sanctuary (Guitar Hero had been moved.) It was exciting as students and staff gathered as a community to witness this moment which transcended political parties, race or age. The room was packed and people

clapped and cheered loudly at various points in the program. It was my understanding that this occurred at the other venues as well. There was a sense of being together at a moment in history that provided hope for all and such a contrast to standing in the Sanctuary on the morning of 9/11 when fear and shock reigned. Our students were aware of the "broader scope of the world;" we shared community and felt part of something larger than ourselves that day. Too bad you missed it!

Barbara Kraler

**money back
fast**

\$29.95
student
tax prep
get a FREE
SPC card

walk in with your taxes, walk out with your money
and you could win \$5,000 towards a road trip. visit refundroadtrip.ca

come in today or call
1-800-HRBLOCK (472-5625)

H&R BLOCK®

To qualify for student pricing, student must present either (i) a T2202a documenting 4 or more months of full-time attendance at a college or university during 2008 or (ii) a valid high school identification card. Expires July 31, 2009. Must also qualify for Instant Cash Back and Cash Back products. See office for details. Valid only at participating H&R Block locations in Canada. SPC Card offers valid from 08/01/08 to 07/31/09 at participating locations in Canada only. For Cardholder only. Offers may vary, restrictions may apply. Usage may be restricted when used in conjunction with any other offer or retailer loyalty card discounts. Cannot be used towards the purchase of gift cards or certificates.

The spill on milk

By CHRISTIE LAGROTTA

Nausea, heartburn, indigestion, upset stomach, diarrhea.

Yes, this is the mantra for Pepto Bismol, although it could also describe some of the many symptoms of lactose intolerance.

It is estimated that nearly 75 per cent of adults worldwide are lactose intolerant and, according to Shelley Gibbs, doctor of naturopathic medicine, nearly 75 per cent of her clientele show symptoms of lactose intolerance or lactose sensitivity. However, the symptoms vary from person to person depending on the severity of the intolerance.

Lactose intolerance has no treatment and does not pose a severe threat to a person's health other than re-occurring symptoms such as abdomen pain, gas and diarrhea.

What some people don't know is that you can get calcium from foods that don't contain dairy such as broccoli, or, of course, supplements.

— Shelley Gibbs

cheeses, yogurt is usually fine, sour cream and things like that," Gibbs said. "For others, when there is no enzyme in their natural digestive system, they cannot consume any dairy products."

A lot of the time people experience symptoms but aren't aware that it is lactose intolerance.

— Shelley Gibbs

In the preparing of most matured cheeses, yogurts, ice cream, butter, sour cream and some other dairy products, the lactose is broken down and some people may even be able to eat them without feeling any symptoms.

This is because in the fermentation of the bacteria or yeast, the bacterial culture produces enzymes that break down the lactose, thus making these foods generally safe. However, Gibbs explained there are varying degrees of sensitivity and different ways to treat each case.

"Those with a smaller degree of intolerance can take an enzyme or pro-biotic, if it is only a sensitivity, which would help the digestive process."

Gibbs explained many doctors may prefer to suggest a major surgery rather than removing dairy from the diet.

Children could wind up having their adenoids, ear drums or tonsils removed because doctors may not recognize those symptoms as a simple lactose intolerance.

"Eczema, chronic ear infections, chronic tonsillitis or chronic congestion are very prevalent signs of lactose intolerance. Doctors would most likely suggest an invasive surgery before suggesting a supplement or removing dairy entirely."

"If you think about it, we are the only species that drinks other species milk. But we have been taught that it is something that we need in our diet. What some people don't know is that you can get calcium from foods that don't contain dairy such as broccoli, or, of course, supplements," Gibbs said.

Gibbs said some of the signs of lactose intolerance in adults are acne and digestive problems.

"A lot of the time people experience symptoms but aren't aware that it is lactose intolerance," she said.

FACTS

Some interesting facts about milk:

- Ninety to 100 per cent of Asian Americans are lactose intolerant.
- The condition is least common among people of Northern European descent.
- An allergy to cow's milk is not the same as lactose intolerance: lactose intolerance is a problem caused by the digestive system; an allergy to cow's milk is an allergic reaction triggered by the immune system.
- Lactose is the major sugar found in milk and other dairy products.



PHOTO BY CHRISTIE LAGROTTA

Got milk? Approximately 75 per cent of the global population is lactose intolerant. However, most don't recognize the symptoms as intolerance. Drink milk, love life, or so they say.

HEALTH CARE TIP



WEIGHT CONTROL

Need to lose some weight? Follow Canada's Food Guide and try cutting down the overall number of calories in your diet, particularly those that are high in fat. Remember to exercise and weigh yourself regularly and above all give yourself a pat on the back for each pound that you lose.



St. John Ambulance

help

YOUR TIME IS OUR LIFELINE.

Heart disease and stroke are responsible for 1 in 3 Canadian deaths every year. Most heart attacks, strokes and sudden cardiac arrests occur outside of hospital emergency rooms.

PUT YOUR HEART TO WORK MAKE A DIFFERENCE

Visit heartandstroke.ca/HELP



Finding answers. For life.

Dear Clifffy,
I want to get
involved but don't
know where to start!
What do I do?
Love, Sally

HEY SALLY!
CHECK OUT THE
CONDOR MONTHLY
CALENDAR!
THERE'S LOTS TO DO ON CAMPUS!

CLICK ON!
[www.conestogac.on.ca/
studentlife](http://www.conestogac.on.ca/studentlife)

Student Life
inspire • inform • involve

Monday, February 9, 2009

**KITCHENER**

Nexcell Wireless
1120 Victoria St. N
(519) 579-6333

Nexcell Wireless
685 Fischer-Hallman Rd.
(519) 571-7880

Nexcell Wireless
385 Fairway Rd. S, Unit 8
(519) 893-5796

BRANTFORD

Complete Communications
2 Holiday Dr.
(519) 753-7393

CAMBRIDGE

Nexcell Wireless
55 Pinebush Rd.
(519) 623-8900

GUELPH

Cellcom Wireless
Stone Road Mall
(519) 822-1067

Mobile Wireless
221 Woodlawn Rd. W
(519) 837-9966

STRATFORD

Mobile Wireless
726 Ontario St.
(519) 275-2505

WATERLOO

Campus Techshop
University of Waterloo
200 University Ave. W
(519) 888-4567

Nexcell Wireless
247 King St. N
(519) 747-4141

ROGERS™
authorized agent

BRANTFORD

Roadrunner Cellular
11 Clarence Street
(519) 758-0333

ROGERS plus

KITCHENER

465 Highland Rd. W
(519) 570-2374

700 Strasburg Rd., Unit 51
(519) 579-8331

1020 Ottawa St. N
(519) 983-2383

875 Highland Rd. W
(519) 741-1099

Fairview Park Mall
2960 Kingway Dr., Unit C3
(519) 748-0484

BRANTFORD

Lynden Park Mall
84 Lynden Rd.
(519) 770-0389

Canada Trust Square
43 King George Rd.
(519) 758-1811

CAMBRIDGE

Cambridge Centre Mall
355 Hespeler Rd., Unit 175
(519) 622-9749

South Cambridge Shopping Centre
200 Franklin Blvd. S, Unit 40
(519) 620-8564

Crossroads Plaza
415 Hespeler Rd., Unit 4
(519) 624-5047

STRATFORD

211 Ontario St., Unit 2
(519) 271-1581

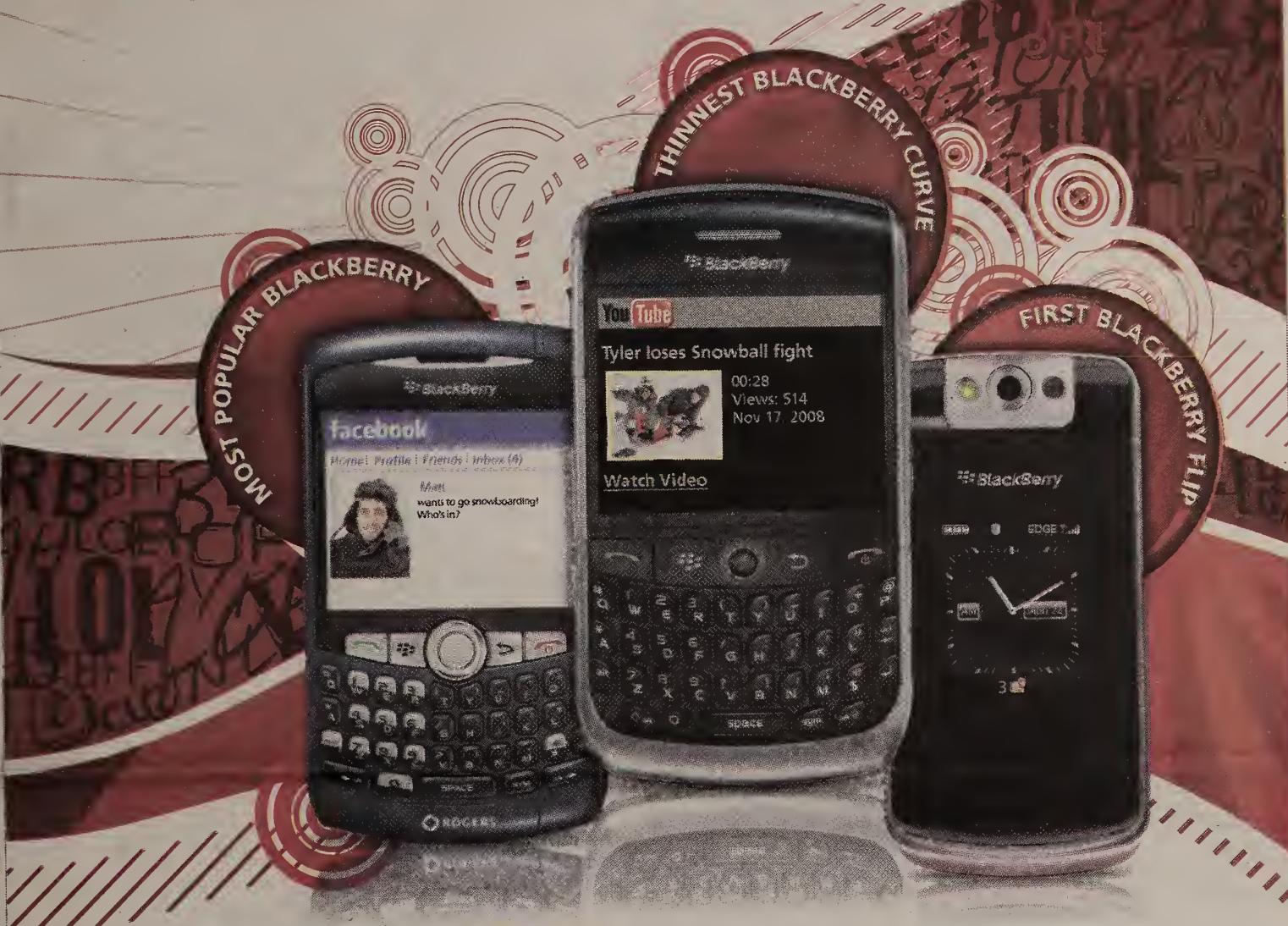
WATERLOO

Conestoga Mall
550 King St. N, Unit 5G
(519) 888-9660

Northpoint Centre
585 Weber St. N
(519) 746-6054

Bridgeport Plaza
75 Weber St. N
(519) 880-0596

HOT SMARTPHONES FOR HOT, SMART PEOPLE.



NOW GET

UNLIMITED TXT, EMAIL & IM*

ONLY FOR A LIMITED TIME



ALL NEW
BLACKBERRY® CURVE™ 8900
\$199.99* per month



BLACKBERRY® PEARL™ FLIP 8220
\$49.99* per month

EXCLUSIVELY FROM ROGERS

rogers.com/unlimited

**CANADA'S MOST RELIABLE NETWORK;
FEWEST DROPPED CALLS, CLEAREST RECEPTION**

ROGERS™

ROGERS™
authorized dealer

ROGERS plus

THE SOURCE

WIRELESSWAVE

booth

WIRELESS etc...

COSTCO WHOLESALE

FUTURE SHOP

BEST BUY

WAL-MART

*On select 3-year plans. Offers subject to change without notice. *Available with any BlackBerry device with subscription to select plans and activation with BlackBerry Internet Service. Includes unlimited personal e-mail (up to 10 accounts) while using BlackBerry on the Rogers Wireless network. See rogers.com/unlimited for plans and details. Usage subject to Rogers Terms of Service & Acceptable Use Policy available at rogers.com/terms. © 2009 Rogers Wireless.

TMRogers & Mobius Design are trademarks of Rogers Communications Inc. used under license. All other brand names and logos are trademarks of their respective owners.

Residents and students need to get along

By JAMIE REANSBURY

For many students who do not want to pay astronomical gas bills to get to school every day, living close to the school is the perfect solution.

Conveniently located directly across the road from Conestoga, is the Conestoga Residence and Conference Centre, which is home to 600 students for a good part of the year. For other students who could not find a room at the residence, however, student housing on Doon Valley Road is also available. With rent in a general range that most students can afford, and the security of living in a suburban community where neighbours watch out for each other, it is beneficial for everybody.

That is until something goes wrong.

"With such a concentration of college students, there's bound to be an issue," said Jennifer Shahi, a Doon Valley Road resident.

According to Shahi, who has lived in the community for about 10 years, there have been issues with student residents in the past, mostly about respect.

"We've had some issues with people not cleaning off the sidewalk," said Shahi.

Within the community, the Lower Doon Neighbourhood Association was created to clear up some of the issues that sometimes occur in the neighbourhood. Most of the current issues revolve around student residents, but other issues in the community are also discussed. It was created about eight years ago and Lori Schulz, a longtime area resident and Conestoga alumni, is the president of the association.

"We try to deal with the nega-

tive issues in a positive manner," said Schulz.

Some of the ways that the neighbourhood association tries to create bridges between the students and permanent residents is through a community barbecue on Orchard Mill Road. The association has also given students gift bags at Christmas some years and is involved in the annual police visit to student homes each September.

"We don't want to take the fun away from the students because we were young once too," said Schulz.

Some issues that have arisen over the years despite community involvement include plants being stolen or relocated, the trash being improperly placed on the curb, people peeing on neighbours' lawns, students sitting on their roof drinking and outdoor brawls that extend over several properties.

"The stop sign from the corner has (also) been stolen several times," said Shahi.

On one occasion a few years ago, Shahi remembered some students were mooning people driving down Doon Valley Road. She also said that although this was happening in the house next to hers in broad daylight, and she was outside tending to her yard, she had no idea until someone else pointed it out.

"This year hasn't been bad ... it depends on the group of students," said Shahi.

An issue that did happen this year, however, was the construction of a couple of snow people "fornicating" on college property, along the Doon Valley Road.

"It absolutely shocked me," said Schulz, "(and) when it appeared in the newspaper we were floored, we were just

floored ... it's things like that, that deteriorate the relationship (between residents and students)."

"Had I been 19, I would have thought it was funny," said Rick Schulz, Lori's husband. "Your perception changes as you go on."

Other area residents were not as disturbed by the antics that are generally attributed to the student residents. Daljit Mangat, a Doon Valley resident for the last nine years, lives next door to one of the student houses. Although up to 10 people can live in that townhouse at one time, Mangat has never had a big issue with the students.

Mike Mann, a Barber-Collins Security supervisor at Conestoga, said, "They're all really good students except for the heres and theres."

Even former student residents can agree that they are generally well behaved except for some occasions. Shane Cartwright, a Conestoga alumnus and former student resident, is the first one to admit that his house was probably a little loud at times, and they sometimes did things that the neighbours would not be overly proud of.

"The people above us parked on the front lawn," said Cartwright, who lived in the basement.

Andrea Brown, a Conestoga alumnus and girlfriend of a former student resident, said, "One night they (the people living upstairs) were lighting fires in the backyard with aerosol cans."

"For the most part it wasn't that bad," said Cartwright.

"It's much better now than it was even five years ago," said Lori Schulz.

Michael Dinning, the vice-president of student affairs at Conestoga, has also recognized that there are sometimes issues with student residents in the



PHOTO BY JAMIE REANSBURY

Doon Valley Road is an area where permanent and temporary residents live together.

community. He said the college has been trying to work with the community so that the issues that do arise will be one-off events, instead of destructive patterns.

"What we try to do is take a more proactive role and create better relationships between the students and the permanent residents of the community," said Dinning.

One of the ways that the college does this is with a semi-regular town and gown meeting for the Doon Valley and Conestoga communities.

The term town and gown comes from an old adage that dates back several hundred years. It basically summarizes the relationship between a community, the town and the college or university, the gown. The term gown also refers to the robes or gowns that students had to wear to

school up until the 1960s. Now the tradition of wearing gowns is limited to the graduation ceremony at most colleges and universities.

Although the college, students and permanent residents are trying to maintain a healthy relationship, localizing a problem with a particular house is not as easy as one would think. Usually every year or two there is a completely new batch of students in the houses, and the process of gaining respect must begin again.

"The difficult houses tend to travel from year to year," said Lori Schulz.

The best that anyone in the Doon Valley Road area can do is treat everybody in the community with the same respect that they would like to receive.

"There are always going to be blips along the way," said Dinning.

Beat the Blues

* * Wednesday, February 11th
* * 9 a.m.-11:30 a.m.

In the
Student Life Centre Atrium

* Prizes

* Stress Dots

* Music

* Light Box

* Handouts on Seasonal Affective Disorder

Sponsored by Counselling
Services, 1A101

EARN YOUR RESPECT AMBASSADOR BUTTON!

Learn about Conestoga's Respect Campaign and how you can become an Ambassador of Respect at Conestoga!

BRING YOUR FRIENDS & CLASSMATES!!

Hear what other students have to say about Respect and what **you** can do to Be the Difference!

EARN YOUR OWN "ELUSIVE"
RESPECT AMBASSADOR BUTTON!
(ONLY 1,000 IN EXISTENCE!)

OPEN VIEWING DATE:
FRIDAY FEBRUARY 13
2:00 P.M. - 3:00 P.M.
ROOM 2A111

SIGN UP AT THE
INFORMATION DESK
AT DOOR 3!

BUILDING GREEN WITH TEAM SYNERGY

Construction engineering technology students from each year of the program displayed some of their work in the Blue Room to company representatives on Jan. 29. The focus of the third-year students was model displays of senior residential buildings, not to be confused with senior clinics or nursing homes. A green environmental angle was incorporated into the building designs, including recycled materials and solar- and wind-powered features. Team Synergy was awarded top design. Members are, left to right, Sam Bunting, Peter Hendershott, Lindsay Martin, James Whittaker-Dumont and Lindsay Markle.

PHOTO BY PATRICK LANSBERGEN



Kair
STUDENTS RECEIVE 15% OFF
ANY SERVICE, ANY TIME!*

FULL SALON & SPA SERVICES

Hair Services | Men's Services | Diamond Microdermabrasion | Registered Massage Therapy | Hot Stone | Facials | Waxing | Body Treatments | Professional Make-up Artists | Manicures | Pedicures | Gel Nails | Professional Salon Products | and more...

9AM - 8PM | 9AM - 4PM

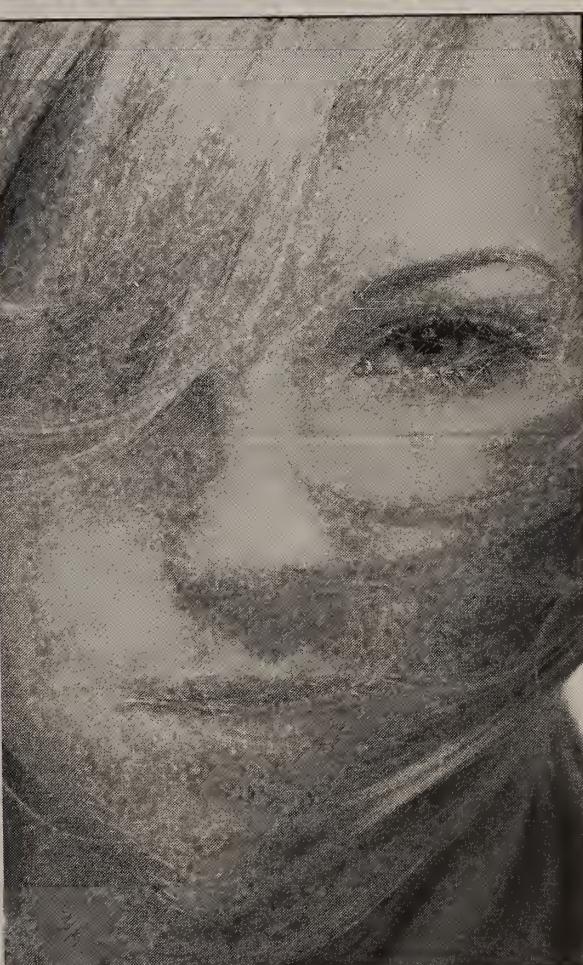
MAKE YOUR APPOINTMENT TODAY!
519.896.2111

260 Doon South Dr. | Kitchener | N2P 2L8



WALKING DISTANCE
FROM THE COLLEGE!

Kair
SALON & SPA



* Cannot be combined with any other offer.

Film Festival 'IMAGYNs' a brighter future

By SARAH BOYCHUK

It is not often that the organizers of a film festival would tell potential applicants that they do not require any technical skills or film-making experience.

Then again, the IMAGYN Film Festival – which has the distinction of being the first festival devoted to the issue of gender violence – has unique aims.

The idea for the festival grew out of a student's response to a women and violence course at Wilfrid Laurier University and a desire to "make noise" against harmful views of gender. Though still in its first year, the festival has grown to involve students, faculty and Silence Breaker Media, a not-for-profit "alternative media" company in Kitchener.

The festival is accepting applications from students across Canada, and welcomes "short amateur films in narrative, documentary, experimental and animated forms, as well as music videos, mockumentaries or any other kind of filmic presentations."

Organizers of IFF were intentionally vague when asked about what kind of subject matter might be covered, explaining that the festival is designed to cover personal reactions to gender violence.

"It's a space for conversation," says Katie Klein, an employee of Wilfrid Laurier University's women's centre and one of IFF's organizers.

"It has a do-it-yourself feel or approach, a way to get voices heard," says Katherine Spring, a WLU film professor who is also involved in planning the festival.

Interested students can submit a video of up to 10 minutes in length by 5 p.m. on Feb. 20, with more information available at imagyn.ca. Entrants are encouraged to express their feelings towards gender violence, and will not be judged according to cinematographic criteria. Awards will be decided with a random draw.

Film screenings will be held from March 6-8 at Princess Cinemas in Waterloo, and though organizers are still busy planning for the festival's premiere run, they are confident this will become an annual event.

"This is just starting," says Spring.

The last band standing is ...

By KAITLYN HEARD

Hard as Funk, Andy's Ego, Free Milo and Second Floor Escape put their talents to the test Jan. 29 in the Last Band Standing Competition.

The contest was a showcase of musical talent hosted by Wilf's, a bar on Wilfrid Laurier University's campus. The competition featured WLU students, local bands and musicians from across the province and consisted of three separate concerts. The winning band from each move on to battle in the semifinals Feb. 26.

During the competition, the bands were evaluated by a panel of judges according to originality, chemistry with the audience, chemistry between members, stage presence, quality of sound and overall performance.

The first to hit the stage was local ska band, Hard as Funk. The group consisted of a trumpet player dressed in a SpongeBob SquarePants outfit while the other four guys wore short shorts, neon-orange vests and bare chests.

Guitar player Brendan Lynch had some mixed feel-

ings before the show.

"I was nervous before we got here but now that we are all here, I'm not anymore. I'm just excited to play."

After performing their version of the Fresh Prince of Bel-Air theme song, the band ended their set allowing Andy's Ego to take over the stage.

It was good to be back with my boys.

— Justin Bouchard

Andy's Ego is an indie/pop band made up of six members. With male and female vocals, the six of them put on a show that attracted the largest crowd of the night.

Finishing their 30-minute set on a good note, they stepped down to watch Free Milo take the spotlight.

This band had a surprise for the audience. This experimental/rock group pulled off a 30-minute set with only two members. Many people in the crowd compared them to the band Death From Above 1979, a well-known group that also consists of

only two members.

The crowd's reaction proved the duo scored big points for originality.

Last to take the stage was Second Floor Escape. These guys gathered together from various parts of the province to play, including lead singer Justin Bouchard who rode a bus from northern Ontario.

"I rode 12 hours from Timmins to play with my band. It was a long ride but it's worth it to play shows like this one. It was great and we had a lot of fun," said Bouchard.

"It was good to be back with my boys."

Second Floor Escape is an experimental/new-age hardcore band consisting of five members with various types of instruments such as a drum machine, keyboard and effects pedals.

After finishing their last song, they waited with the others to hear the results while Wilf's employees and the judges huddled together to decide the winners.

Nineteen-year-old Chris D'Aloisio, lead singer for Hard as Funk, was one of the many musicians waiting to hear the results.

"We're just really happy to be here," said D'Aloisio. Second Floor Escape and Andy's Ego were the winners of the evening. They will move on to play the semifinal competition Feb. 26. Along with the winners from the other concerts, they will compete to win \$1,000 and a spot in a national competition.

"We're really psyched and surprised. We had a ton of fun and it was the best set we've played together in a while. Even though we only practise once every six months because of distance, we still managed to pull it off. It was surprising and extremely gratifying at the same time," said winner Mike Alarie, guitar player and singer for Second Floor Escape.



PHOTO BY KAITLYN HEARD

Second Floor Escape was one of the winners in the Last Band Standing Competition, Jan. 29. They will join Andy's Ego and the other winning bands from the two previous concerts at the semifinals in February. The winner of the semifinals will win \$1,000 and a shot at the nationals.

COUNSELLOR'S CORNER: Problem Gambling

Internet, casinos, video lottery terminals, Proline, lottery tickets: the opportunities to gamble are everywhere. For many it feels like a harmless means of entertainment, but gambling becomes a problem when the behaviour begins to interfere with your family, personal or school life.

Gamblers Anonymous has a list of twenty questions to determine how gambling is affecting you. For example, how often do you go back to try to recuperate what you lost the day before? Have you claimed to win money that you really lost? Do you ever hide betting slips or lottery tickets from your family? After winning, do you have a strong urge to return and win more? These are just some indications that gambling is a problem in your life.

If you are worried that your level of gambling is no longer fun and you need help to stop, talk to a counsellor. Special community programs for people with gambling problems as well as self-help groups are available in our area. Like other addictions, problem gambling can destroy your life. Sadly, that's one thing you can bet on.

NEWS



HOROSCOPE

Week of February 9, 2009



Aries

March 21 - April 19



Aries, you have financial issues to deal with, which shouldn't be all that surprising - but the way you handle them may be! This is the time to get on the right track.

Libra

September 23 - October 22



You are much more focused on others than usual, Libra. Your friends seem friendlier and your sweetie seems sweeter - join in on the fun!

Taurus

April 20 - May 20



It feels like the world is in a big rush this week, but you need to go at your own pace. It's a good week for showing resistance to pressure of all kinds.

Scorpio

October 23 - November 21



A conflict with someone close to you could turn into a storm of accusations if you aren't careful. It may be best to avoid intense discussions entirely for now.



Gemini

May 21 - June 21

Something or someone hard to understand suddenly clicks in your mind and you find them much easier to handle. Forget old problems and look toward the future, Gemini.



Sagittarius

November 22 - December 21



Cancer

June 22 - July 22

Even if you have to push yourself, this is a great time for socializing. Your natural grace is what other people need, so get out there and show them what you've got!



Capricorn

December 22 - January 19



Leo

July 23 - August 22

It's hard to keep from bursting when you get good news this week but you might want to try staying cool as much as you can. Conceit is sure to be misinterpreted.



Aquarius

January 20 - February 18

Things seem extra crazy this week, so try and get people to calm down a bit. That might be hard, as some blame you for the troubles, but you know it's just circumstances.



Virgo

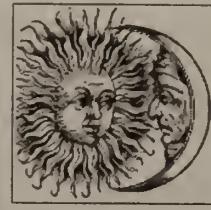
August 23 - September 22

It's easy to see that the new person in your life is going to work out quite well. You're in sync and can tell that your compatibility is just about perfect.



Pisces

February 19 - March 20



Louise Kaddour is a second-year journalism student holding fate in the palm of her hand.

Fanshawe ranks supreme at tournament

Both men's and women's indoor soccer teams are victorious

By BLAIR POLLOCK

Fanshawe College owns the podium in both the men's and women's alumni tournaments at Conestoga.

The 12th annual Condors men's alumni tournament finished in the dark, after a power outage, with Fanshawe taking home the championship on Jan. 31.

Conestoga started the tournament playing Canadore and escaped with a 2-0 win. However, that was the lone bright spot in the tourney as the Condors fell to a Conestoga alumni team, 4-2 after giving up a 2-1 lead early in the game. Conestoga followed the disappointing loss with defeats to George Brown and Fleming.

"We didn't finish our chances. But overall, I think we played well."

— Aldo Krajcar

"Although the scoreboards weren't in Conestoga's favour, head coach Geoff Johnstone found positive in the tournament.

"It was good to learn about other players and how to match up defenders," said Johnstone.

Fanshawe beat out a team of wily Conestoga alumni veterans in the finals, in a showdown under the emergency lights. Power went out just

before the finals were scheduled to begin so the game was sent straight to penalty kicks, where Fanshawe won to take the tournament title.

"In our region it looks like Fanshawe is the strongest and most motivated because they missed Ontario's the last two years," said Johnstone.

On the women's side, Fanshawe again ran the show taking home the 15th annual Condors women's tournament championship, as Conestoga left with a 2-2 record, missing the finals.

Conestoga began early in the morning of Feb. 1 with an 8 a.m. game against Canadore. The Condors ran away with the match, taking it 3-0.

Next on the schedule for Conestoga was a Conestoga alumni team which saw the Condors lose 1-0 after running into penalty trouble. The alumni team capitalized on a five on three advantage after Conestoga took goal-tender interference and too many men penalties.

Conestoga's third game was against the London Selects, a team that features alumni from Fanshawe.

The Selects took the game 1-0, as Conestoga was shut out for the second game in a row.

"We didn't finish our chances," said Conestoga head coach Aldo Krajcar. "But overall, I think we played well. We were missing two very good players."

Conestoga's final game saw them in a match up with Georgian, where Conestoga dominated from start to finish and came away with a 3-0 win.



Ashley Flewwelling, blocks out a Georgian defender en route to a 3-0 Conestoga win during the 15th annual Condors women's alumni tournament, Feb. 1.



Jessica Lee blows by a Georgian forward.

**PHOTOS BY
BLAIR POLLOCK**

PERFORMANCE ANXIETY GROUP



Is this you?

- :(Why can't I perform well on my placement or on presentations, when I know my stuff?
- :(Why bother trying? I'm going to fail anyway.
- :(I'm a failure unless my work is perfect.
- :(I'm afraid of making mistakes, being embarrassed and the disapproval of others.

Learn how to change your self-defeating thoughts.

To register bring a copy of your timetable to
COUNSELLING SERVICES, 1A101 by Fri., Feb 13th
The group will begin the week of Feb 23rd

& will run for 4 weeks (most convenient time to be determined by student schedules – student will be contacted).

CALL FOR NOMINATIONS for the AUBREY HAGAR DISTINGUISHED TEACHER AWARD

Would You Like To Nominate
A Distinguished Teacher?

Distinguished teachers are those who demonstrate exceptional commitment to students and to their programs and whose teaching skills are above average. They also demonstrate leadership in their schools and/or the college and in related work with their professions or in the community.

For more information or nominations forms, contact one of the following committee members:

2008 Award Winner – Norma Ewing	ext. 3612
2007 Award Winner – Peter Findlay.....	ext. 3881
School of Media & Design – Paul Scott.....	ext. 3496
School of Business – Anna Bortolon.....	ext. 3351
School of Engineering & Information Technology – Kristin Higgins.....	ext. 3309
School of Health Sciences, Community Services & Biotechnology – Mary Elizabeth Roth.....	ext. 3919
School of Trades & Apprenticeship – Fred Fulkerson.....	ext. 3372

The Chair of the Committee (non-voting) is the Manager, Professional Development, Jeff Fila..... ext. 3381

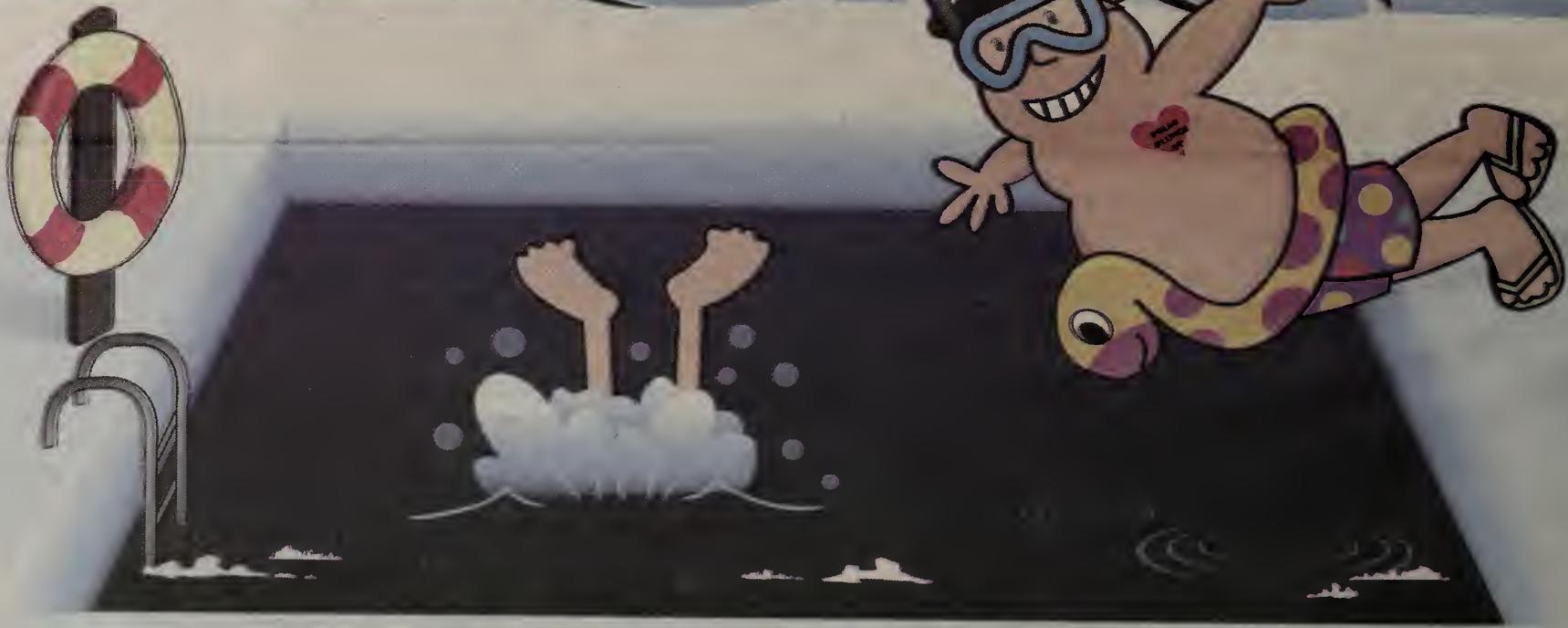
Nominations open on January 19, 2009
Nominations close on March 13, 2009

CONESTOGA
STUDENTS INC



Canadian Cystic
Fibrosis Foundation

POLAR PLUNGE!



THURSDAY, FEBRUARY 12TH
STARTS AT 12:00PM AT THE BACK POND
SIGN UP IN THE CSI OFFICE, ROOM 2A106

*CONESTOGA STUDENTS TAKING THE PLUNGE
FOR THE CANADIAN CYSTIC FIBROSIS FOUNDATION*